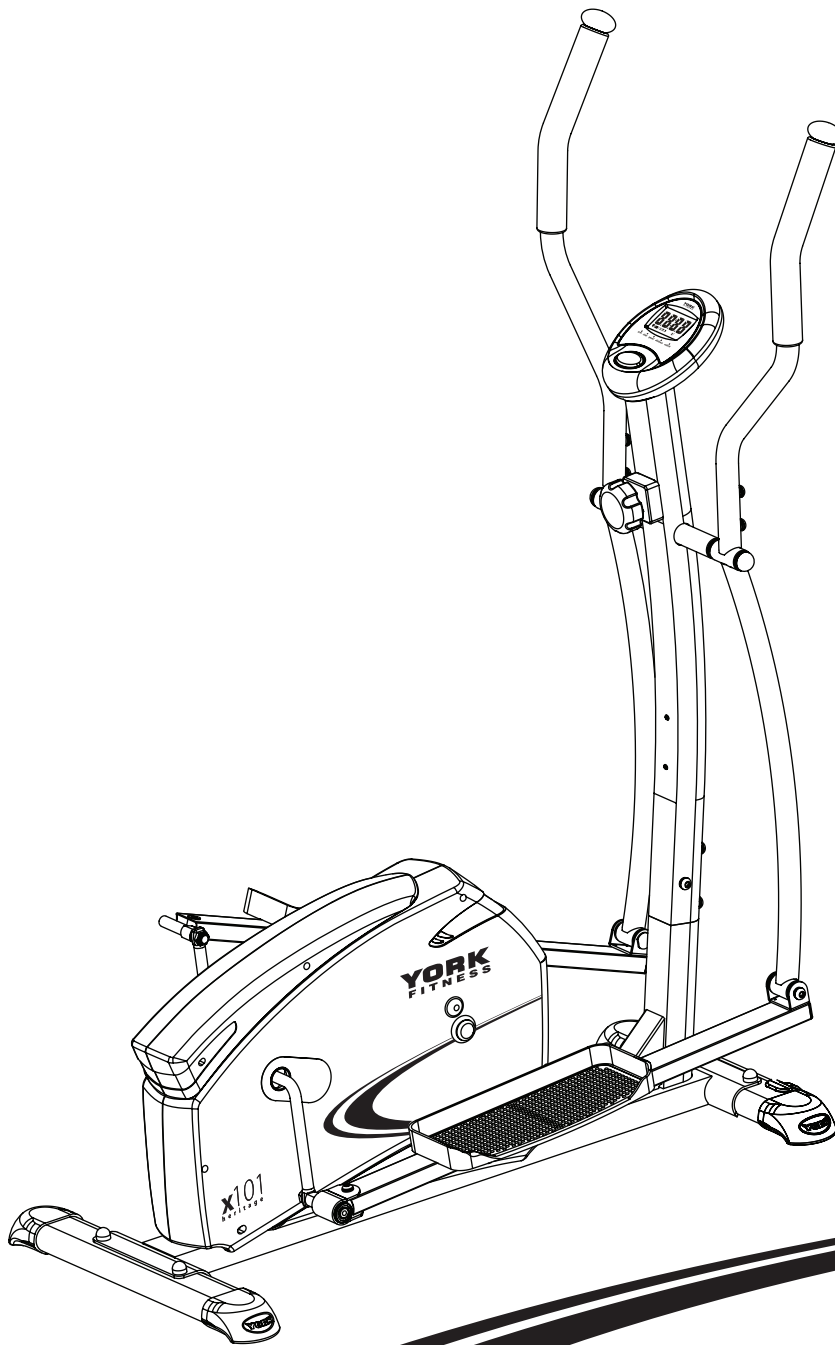




heritage **x101**
owner's manual

yorkfitness.com

VERSION II - 28/05/2007



Congratulations
on purchasing a
cross trainer from
York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new cross trainer. For more information visit www.yorkfitness.com

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safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cross trainer is 125kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This cross trainer meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 9 and AS 4092-1993. Therefore the product carries the following marks:



This product is not suitable for therapeutic purposes.



It is important that you keep these instructions for future reference.

Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste.
Check your local authority for recycling advice and facilities (Europe only).

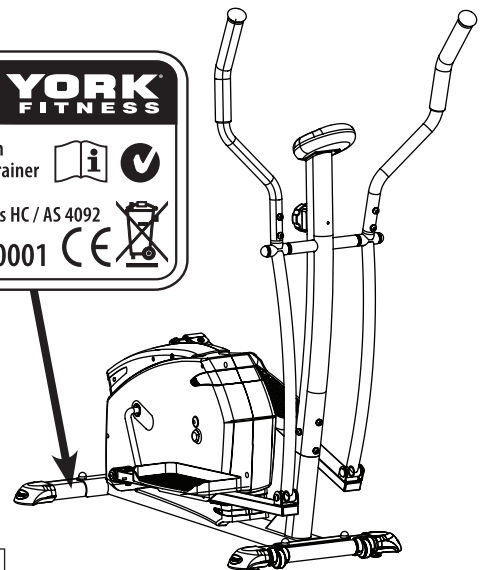
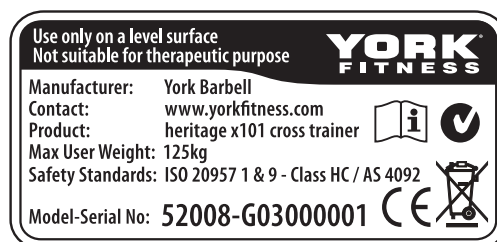


Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect

Your Serial No. is:



Contact Us

ENGLAND

York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB

Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia

Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

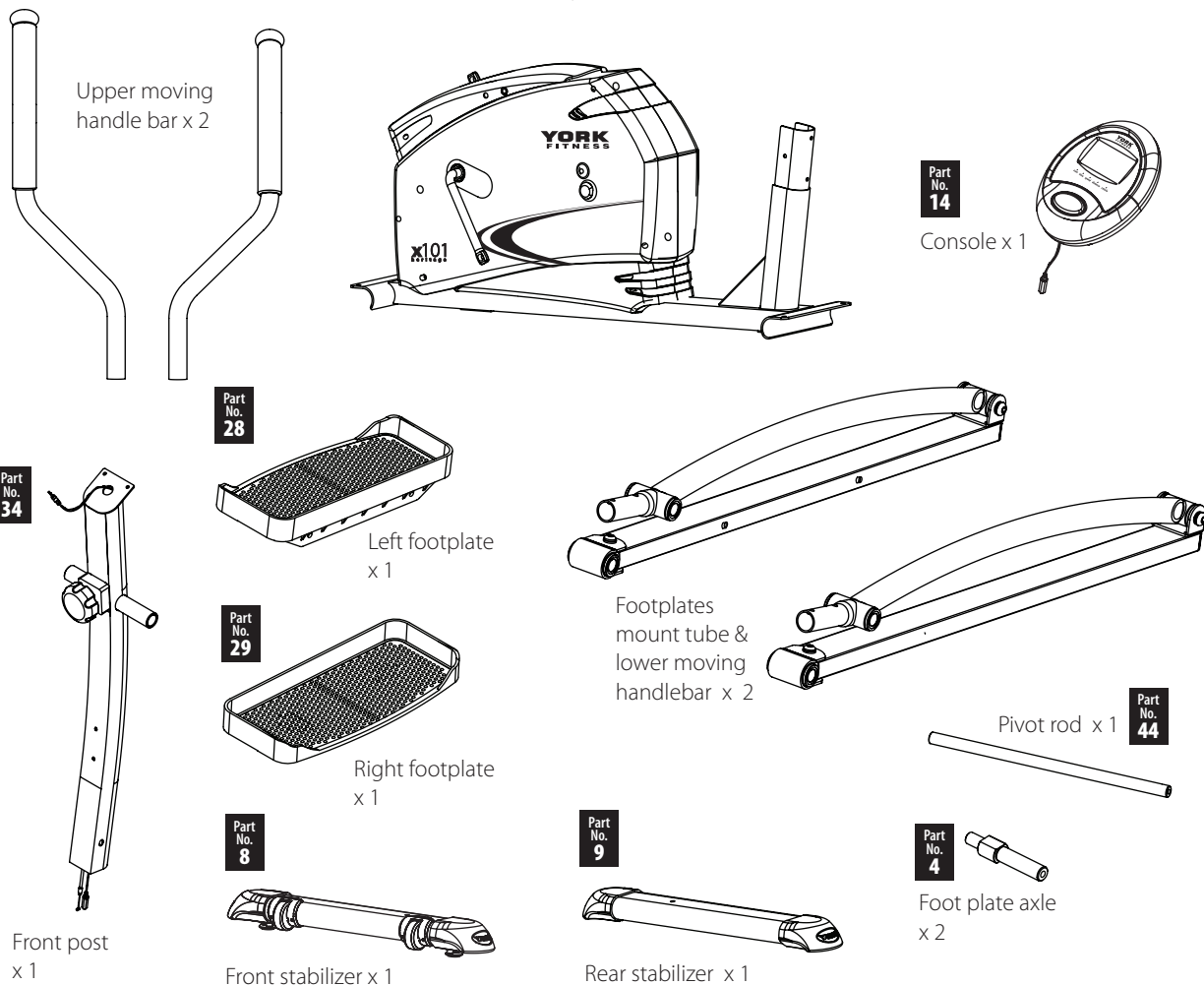
OTHER LOCATIONS

Please see website - www.yorkfitness.com

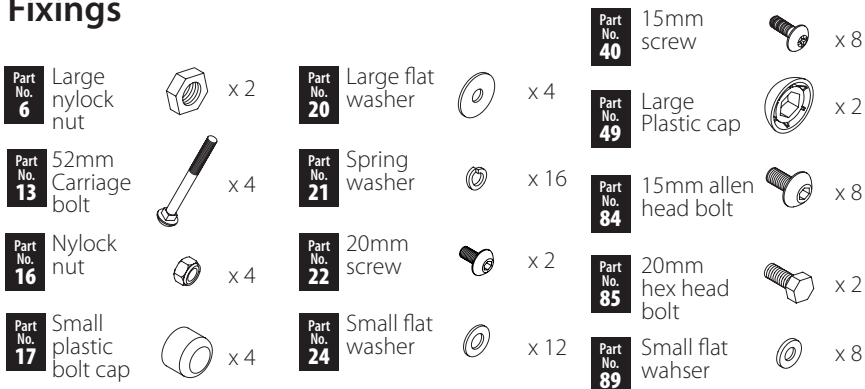
assembly instructions

Before you start

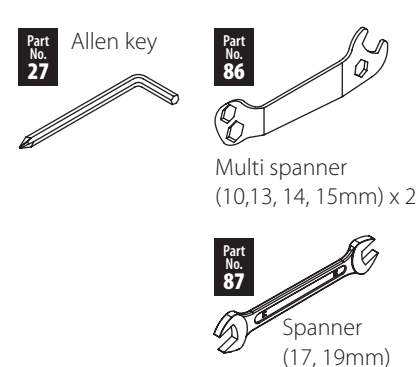
- 1. Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:



Fixings



Tools and Consumables



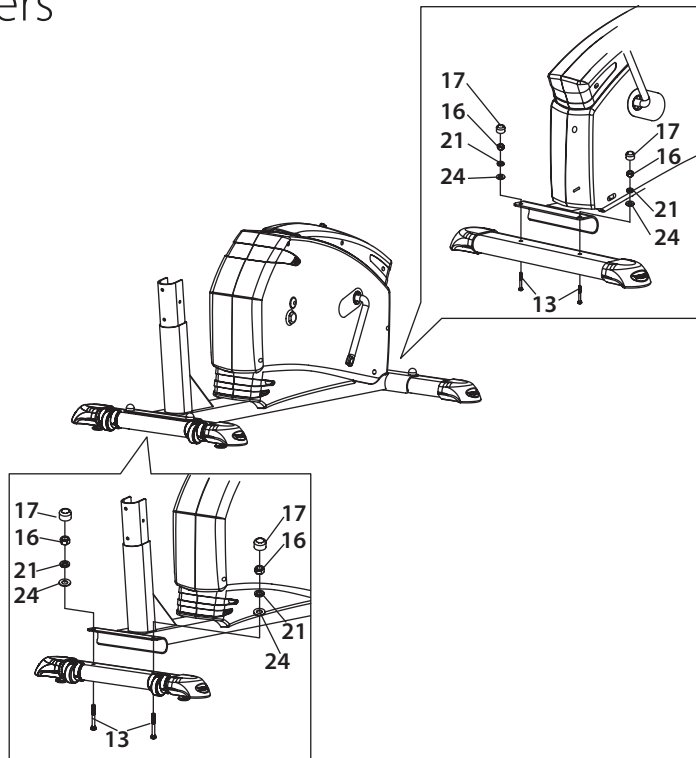
This cross trainer takes up a floor space of 136cm by 65cm and weighs 38 kg

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

2. Attach the stabilisers

1. Attach the front and rear stabilisers with the nuts, bolts and washers as shown in the diagram
2. Be sure to fit the parts in the same order as the diagram

Check the bolts are fully tightened by making sure they penetrate through the top of the nut



FIXINGS:

Part No. 13 x 4

Part No. 24 x 4

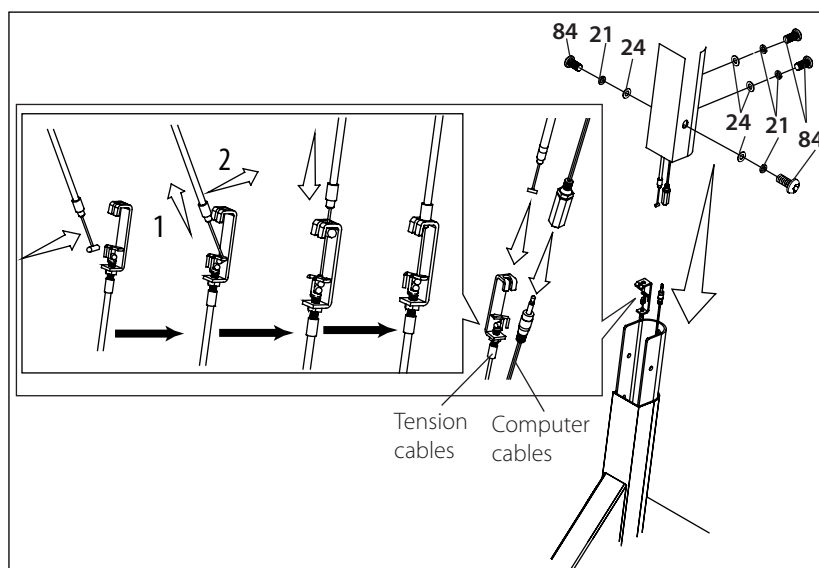
Part No. 21 x 4

Part No. 16 x 4

Part No. 17 x 4

3. Attach the front post

1. Hook the tension cables together as shown (you may have to pull firmly downwards on the upper cable to make it fit underneath the bracket of the lower cable)
2. Connect the computer cables as shown
3. Slide the front post tube over the front post mounting
4. Secure in place using the bolts and washers as shown – be sure to fit them in the same order as the diagram



FIXINGS:

Part No. 84 x 4

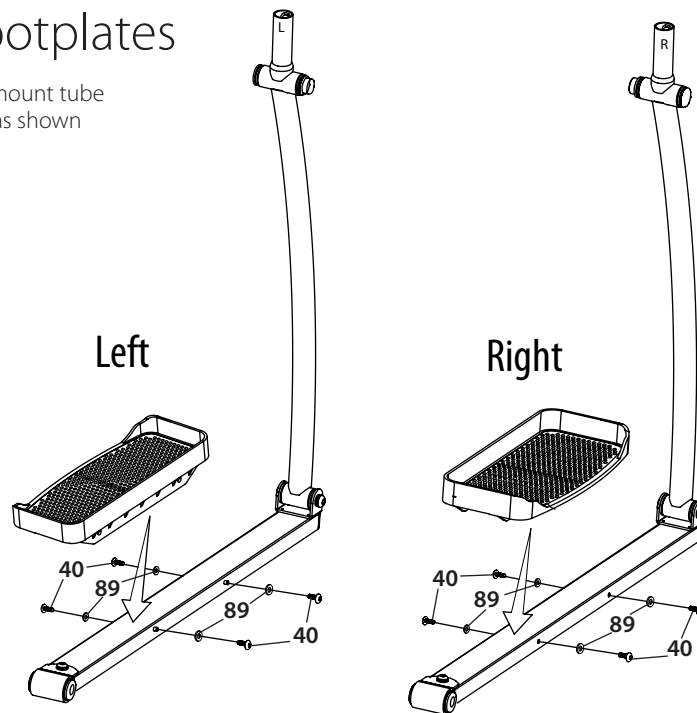
Part No. 24 x 4

Part No. 21 x 4

Make sure the bolts are fully tightened with the allen key

4. Attach the footplates

1. Attach the footplates to the mount tube using the bolts and washers as shown



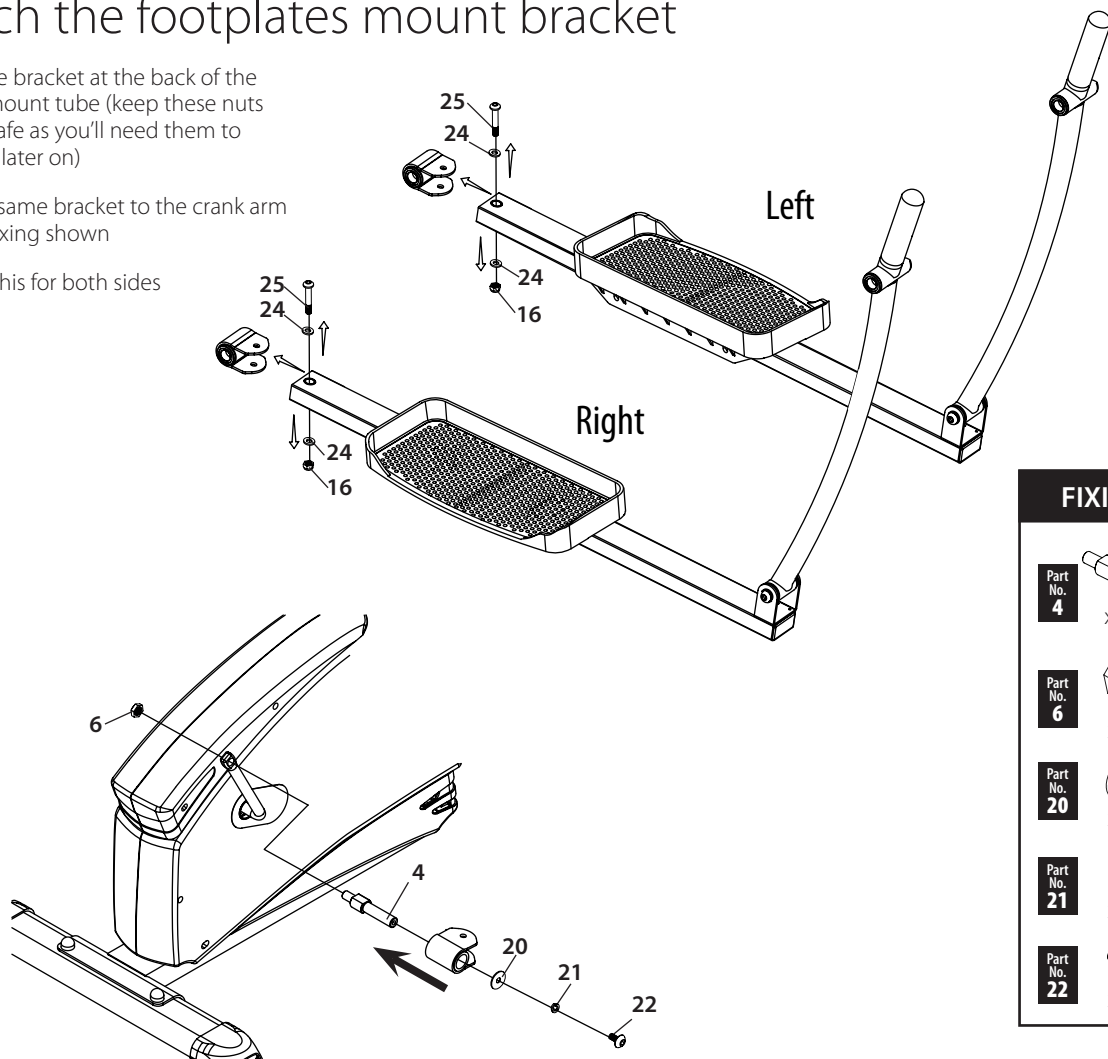
FIXINGS:

Part No. 40 x 8

Part No. 89 x 8

5. Attach the footplates mount bracket

1. Remove the bracket at the back of the footplate mount tube (keep these nuts and bolts safe as you'll need them to re-attach it later on)
2. Attach the same bracket to the crank arm using the fixing shown
3. Complete this for both sides



FIXINGS:

Part No. 4 x 2

Part No. 6 x 2

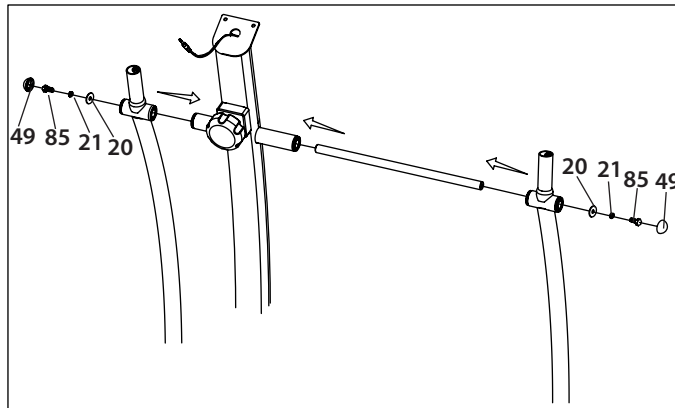
Part No. 20 x 2

Part No. 21 x 2

Part No. 22 x 2

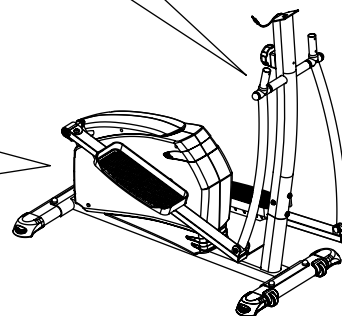
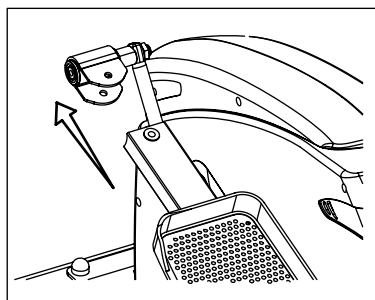
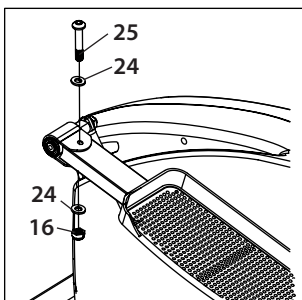
6. Attach the moving handlebars

1. Slide the pivot rod inside the tube on the front post as shown
2. Slide the left and right lower moving arms over this pivot rod
3. Secure in place using the bolts and washers as shown
4. Attach the footplate mount tube to the bracket using the nuts and bolts you previously removed



FIXINGS:

- | | | |
|-------------|---|-----|
| Part No. 20 |  | x 2 |
| Part No. 21 |  | x 2 |
| Part No. 49 |  | x 2 |
| Part No. 85 |  | x 2 |

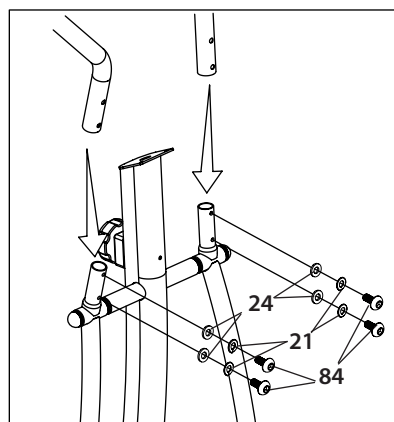


FIXINGS:

- | | | |
|-------------|---|-----|
| Part No. 16 |  | x 2 |
| Part No. 24 |  | x 4 |
| Part No. 25 |  | x 2 |

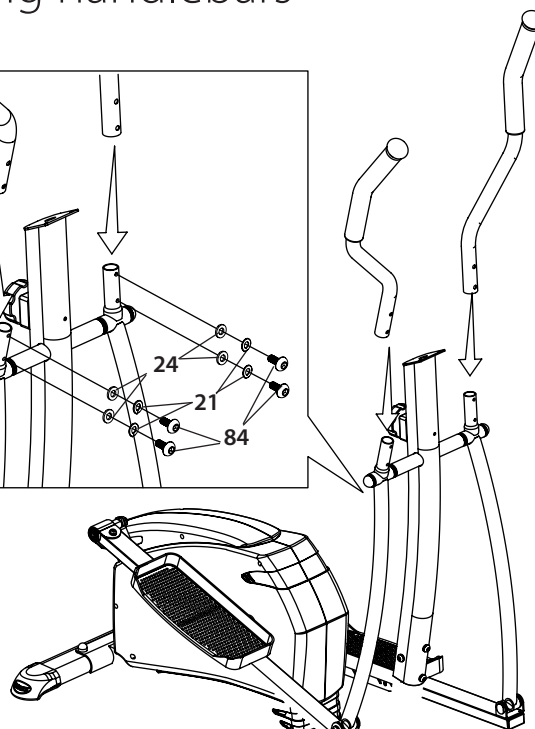
7. Attach the upper moving handlebars

1. Slide the 'upper' moving handlebars over the 'lower' moving handlebars and secure in place using the bolts and washers as shown



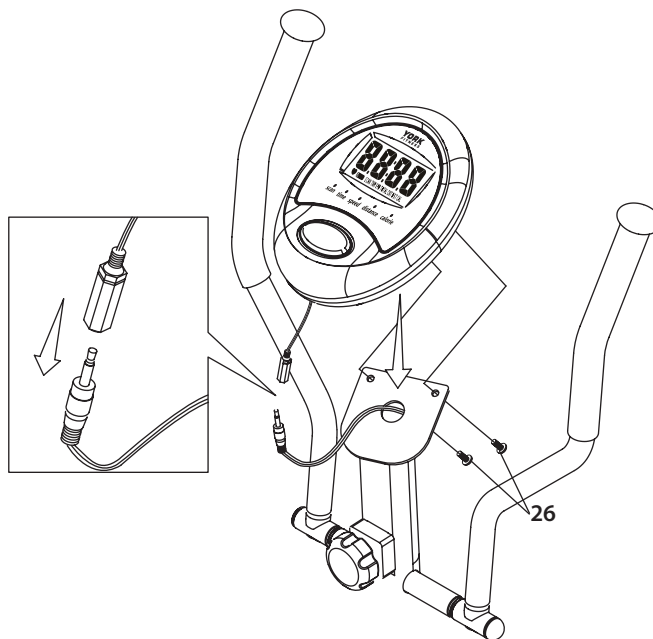
FIXINGS:

- | | | |
|-------------|---|-----|
| Part No. 21 |  | x 4 |
| Part No. 24 |  | x 4 |
| Part No. 84 |  | x 4 |



8. Attach the console

1. Connect the computer wires together
2. Secure onto the bracket using screws as shown
- (screws are located in the back of the console)



FIXINGS:



Final Checks

Your cross trainer is now assembled. Please make the following final checks before you use it for the first time.

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

Quick Start

1. Simply start pedalling and away you go!
2. The values of time, distance and calories will start counting upwards
3. Adjust the resistance level with the large dial

Console Display and Feedback

Scan

Automatically scrolls through the other feedback modes, each being displayed for 6 seconds

Time (TMR)

Time exercised this session; default counts up from zero, but counts down if a target has been set

Speed (SPD)

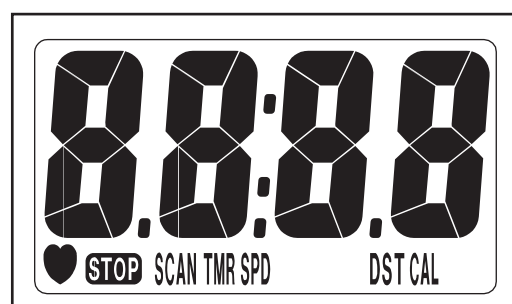
Current speed you are pedalling at, in km/h

Calories (CAL)

Approximate calories burned this session (for comparison only, not to be used for medical purposes); default count up from zero, but counts down if a target has been set

Distance (DST)

Distance travelled this session; default counts up from zero, but counts down if a target has been set



Screen Display

Button Functions

Pre – workout		During workout
mode	select 'target program'	switches between the feedback modes as described above
up	set values in 'target program' mode	
down	set values in 'target program' mode	
reset	reset current value press and hold for 4 seconds for a total reset	

Using Workout Programs

Manual Program

To use in the manual mode simply start pedalling. The values of time, distance and calories will start counting upwards. Adjust the resistance level with the large dial.

Target Programs

You can choose to workout by setting a target based on time, distance travelled or calories burned. When you reach your target the cross trainer will sound a short alarm.

Target time

1. Press 'mode' until 'TMR' is showing on the display
2. Use the 'up/down' buttons to set your workout time
3. Start pedalling to begin your workout

Target distance

1. Press 'mode' until 'DST' is showing on the display
2. Use the 'up/down' buttons to set your workout time
3. Start pedalling to begin your workout

Target calories

1. Press 'mode' until 'CAL' is showing on the display
2. Use the 'up/down' buttons to set your target calories
3. Start pedalling to begin your workout

exercising with your cross trainer



**Always consult your doctor
before undertaking a new
exercise regime**

**If you experience nausea, dizziness or other abnormal
symptoms during exercise, stop at once and consult
your doctor**

Starting your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

- Make sure the nearest footplate to you is in the lowest position
- Grasp the handlebars securely with both hands
- Step on - put your feet into the pedals one by one
- Your body should be centred over the pedals
- Begin to stride, follow the rhythm of the machine

Finishing your workout

- Slow your elliptical motion to a gradual stop
- Take your feet off the footplates one at a time

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct exercising form

- Stand tall and straight. Don't slump - it will put unnecessary strain on your back and will result in less effective toning in the leg muscles. Make sure the machine is adjusted properly for your height so that you don't have to slouch to reach the handlebars. Similarly, you should not be leaning on the handles or gripping them too tightly.
- Stay relaxed. Keep your shoulders, arms, legs and hips loose and unlocked while using a cross trainer. Tension could lead to injury and will almost certainly make you sore.

All over body workout!

- For an all over body workout keep your hands on the moving arms
- To only work the lower body place the hands on the fixed handlebars
- To put the emphasis on the upper body push with your arms on the moving arms and reduce the amount of effort you are using with your legs
- To work different muscles in your legs, try going in reverse

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels - These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula 220 minus your age in years. So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minutes (bpm)}$$

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

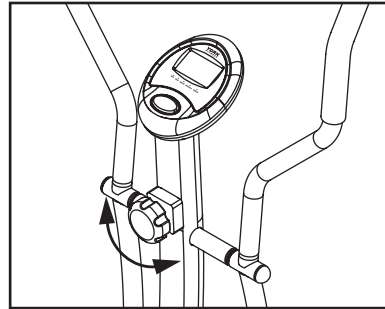
$$185 \times 60\% = 111 \text{ bpm}$$

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

NOTE: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

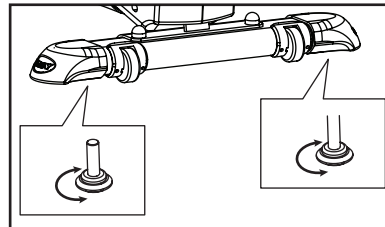
Adjusting the resistance

This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel – the closer the magnet is to the flywheel the higher the resistance. The magnet is controlled manually, by twisting the dial. The resistance levels go from 1 = easy to 8 = hard



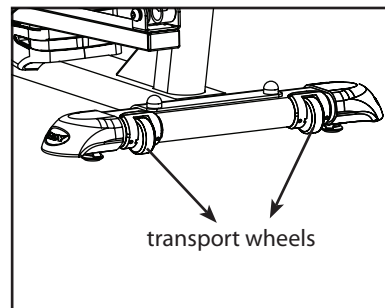
Levelling your cross trainer

To help you level the cross trainer on uneven surfaces, 2 height adjusters are included on the front stabiliser. Simply twist these around to adjust the height of the cross trainer.



Transporting your cross trainer

Your cross trainer has 2 transport wheels to help you move it around. To engage the wheels, tilt the cross trainer towards you with the handle bars and then using the handlebars push the cross trainer to your desired location.



how to take care of your cross trainer

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.



Never remove the protective casing.

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Troubleshooting



If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

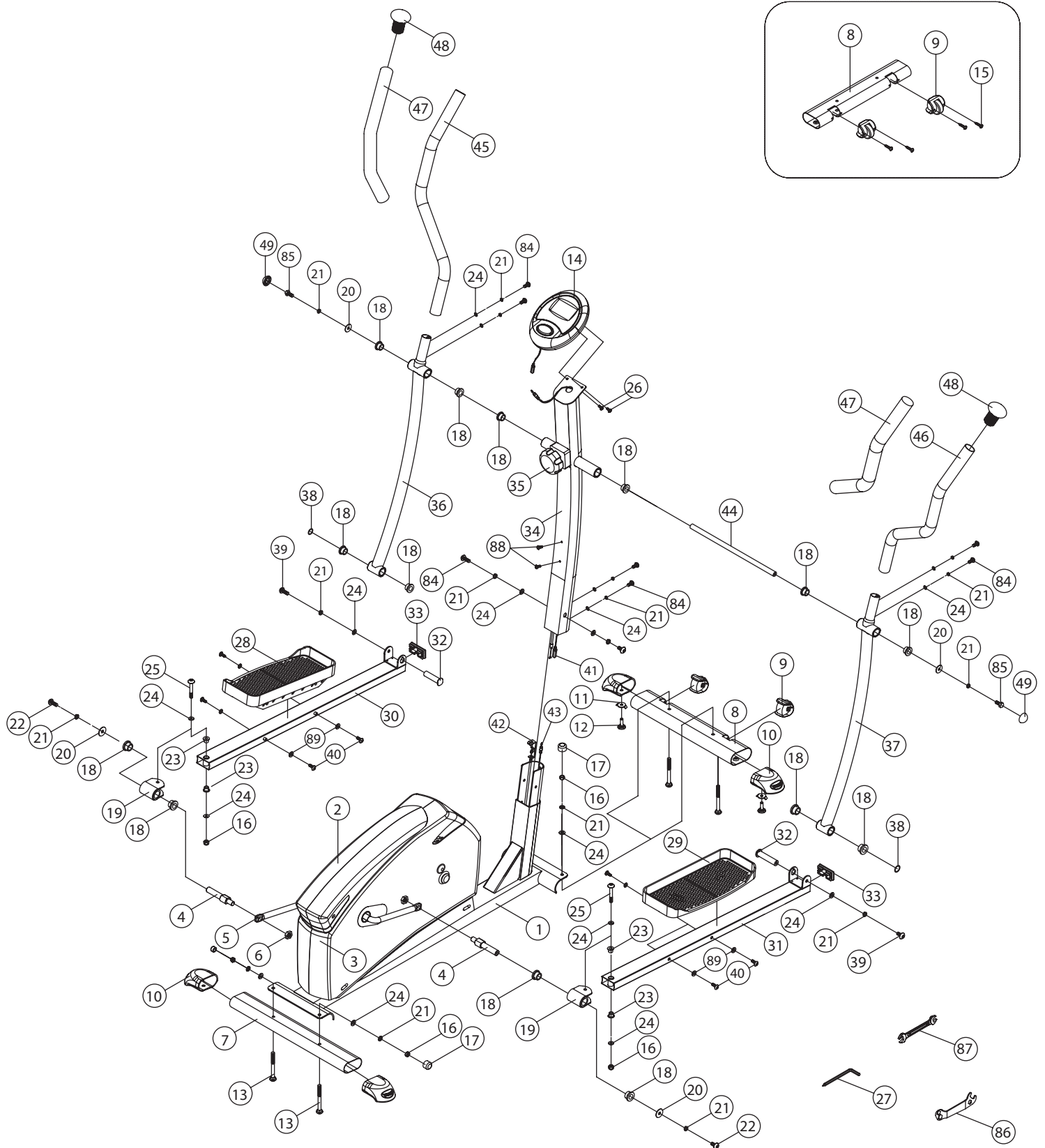
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

This diagram is an exploded view of a bicycle frame assembly. It shows the main frame (1) and various components that attach to it, including the front fork (2), handlebars (3), seat (4), and wheels (5). The diagram is annotated with numbered callouts (1-83) for specific parts and fasteners. A dashed box highlights a sub-assembly of the rear wheel and seat area, showing the rear wheel (52), seat (50), and associated mounting hardware (51, 54, 56, 80, 81, 82).



parts list

Ref.	Qty	Part no.	Part Description	Ref.	Qty	Part no.	Part Description
1	1	YKA00126b2	Main Frame (X)	48	2	YKF20249b5	Round Mushroom Internal End Cap
2	1	YKF20244q7	Chain Cover - Left (X)	49	2	YKF20040b5	Round Plastic Bolt Cap
3	1	YKF20245q7	Chain Cover - Right (X)	50	1	YKF10187b6	Hex Head Bolt (M6 x 65mm)
4	2	YKF50113b6	Foot Plate Axle	51	1	YKF10316b6	Spring (55mm)
5	1	YKF50114c1	1 Piece Crank	52	1	YKF10188b6	Hex Head Bolt (M8 x 52mm)
6	2	YKF10280b6	Nyloc Nut (1/2")	53	1	YKF50117b6	Flywheel
7	1	YKP00167b2	Rear Stabilizer (C)	54	1	YKF50118c1	Magnet Shoe Assembly
8	1	YKP00166b2	Front Stabilizer & Wheel Mount	55	1	YKF50089b3	Large Pulley Wheel
9	2	YKF20190b5	Transport Wheel	56	1	YKF10193b6	Hex Nut (M6)
10	4	YKF20192b5	Oval External End Cap	57	1	YKF40064b1	Pulley Belt
11	2	YKF10208c1	Height Adjusting Ring	58	1	YKA00149c1	Jockey Wheel Bracket
12	2	YKF10209b3	Height Adjusting Foot (M8 x 42.5mm)	59	1	YKF10287b6	Spring (122mm)
13	4	YKF10207b6	Carriage Bolt (M8 x 52mm)	60	1	YKF50119	Flywheel Axle
14	1	YKF60099q7	Computer (C)	61	1	YKF20250b3	Rectangle Radius Internal End Cap
15	4	YKF10282b6	Round Philips Head Self Tapping Screw (8 x 16mm)	62	3	YKF10288b6	Bush
16	5	YKF10061b6	Nyloc Nut (M8)	63	3	YKF10289b6	Flat Washer (6 x 16 x 1.5mm)
17	4	YKF20183b4	Round Plastic Bolt Cap	64	3	YKF10290b6	Hex Head Bolt (M6 x 14mm)
18	14	YKF20246b3	Plastic Top Heat Bush	65	1	YKF50086	Magnet
19	2	YKA00127b6	Foot Plate Axle Mount Bracket	66	1	YKF20180b3	Sensor Mount Bracket
20	4	YKF10283b6	Flat Washer (8 x 28mm)	67	1	YKF10190b6	Round Philips Head Self Tapping Screw (6 x 12mm)
21	18	YKF10192b6	Spring Washer (8mm)	68	2	YKF10197b6	C Clip (C12)
22	2	YKF10046b6	Round Allen Head Bolt (M8 x 20mm)	69	2	YKF10291b6	Flat Washer (10 x 22 x 2mm)
23	4	YKF20247b3	Plastic Top Hat Bush (18 x 11.5mm)	70	2	YKF10292b6	Hex Shoulder Nut (3/8)
24	18	YKF10217b6	Flat Washer (8 x 16 x 1.2mm)	71	2	YKF50046	Bearing
25	2	YKF10284b6	Round Allen Head Bolt (M8 x 45mm)	72	1	YKF50079c1	Bearing Hex Nut
26	2	YKF10203b6	Round Philips Head Machine Screw (M5 x 10mm)	73	1	YKF50058c1	Flat Washer - Bearing
28	1	YKF20248b5	Foot Plate	74	1	YKF50057c1	Bearing Ring Nut
29	1	YKF20248b5	Foot Plate	75	2	YKF50080c1	Ball Bearing Set
30	1	YKA00144b2	Foot Plate Mount Tube - Left	76	2	YKF50056c1	Bearing Bowl
31	1	YKA00145b2	Foot Plate Mount Tube - Right	77	1	YKF50055c1	Ball Bearing Ring Nut
32	2	YKF50115b6	Foot Plate Tube Front Pivot Shaft	78	1	YKF10202c1	Flat Washer (24 x 38 x 2.5mm)
33	2	YKF20035b3	Rectangle Flat Internal End Cap	79	2	YKF50091	Bearing
34	1	YKA00146b6	Front Post - manual (X)	80	1	YKF10196b6	Nyloc Nut (M6)
35	1	YKF40062b3	Tension Control & Cable	81	1	YKF10289b6	Flat Washer (6 x 16 x 1.5mm)
36	1	YKA00147b6	Moving Handlebar - Lower Left	82	1	YKF20044b6	Plastic Spacer (M6 x 19 x 1.5mm)
37	1	YKA00148b6	Moving Handlebar - Lower Right	83	1	YKF10222b6	C Clip (C17)
38	2	YKF10285b6	Wave Spring (16.5 x 21.7mm)	84	8	YKF10062b6	Round Allen Head Bolt (M8 x 15mm)
39	2	YKF10286b6	Round Allen Head Bolt (M8 x 25mm)	85	2	YKF10304b6	Hex Head Bolt (M8 x 20mm)
40	8	YKF10191b6	Round Philips Head Machine Screw (M5 x 15mm)	88	2	YKF10191b6	Round Philips Head Machine Screw (M5 x 15mm)
41	1	YKF60142b1	Computer Wire (1000mm)	89	8	YKF10293b6	Flat Washer (6 x 16 x 1.2mm)
42	1	YKF40063b1	Tension Cable Connector Cable (1150 mm)				
43	1	YKF60143b1	Sensor Wire (1350mm)			TOOLS	
44	1	YKF50116c1	Moving Handlebar Pivot Rod	27	1	YKF70009	Philips Screwdriver & Allen Key (6mm x 105mm)
45	1	YKP00179b2	Moving Handlebar - Upper Left	86	2	YKF70007	Multi Spanner (10, 13, 14, 15mm)
46	1	YKP00180b2	Moving Handlebar - Upper Right	87	1	YKF70013	Spanner (13 & 19mm)
47	2	YKF30031b1	Foam Grips				